

**235.07****Pregnant or Partially (Mostly) Breastfeeding****Introduction**

This food package is called Food Package V in the federal regulations. It is issued to the following two groups of women:

- Women pregnant with a singleton, and
- Breastfeeding women whose infants receive less than or equal to half of the WIC formula food package appropriate for the infant's age.

Note: A breastfeeding woman whose 6 month or older infant receives more than half of the WIC formula food package will not receive a food package for herself. However, she will continue to be an Active participant.

**Contents**

The contents of this food package are listed in the table below.

<b>Food Category</b>	<b>Amount</b>
Juice, single strength	144 oz.
Milk, fluid	22 qt.
Breakfast cereal	36 oz.
Cheese	N/A
Eggs	1 dozen
Fruits and vegetables	\$11.00
Whole wheat bread or whole grain options	1 lb.
Fish (canned)	N/A
Legumes, dry	1 lb.
Peanut butter	AND 18 oz.
Note: These groups of women will receive FIs for 1% low fat or fat-free skim milk.	

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**Pregnant or Partially (Mostly) Breastfeeding, Continued****Substitution rates**

Food	Allowance
Soy-based beverage	May be substituted for milk on a quart for quart basis up to the total maximum allowance for milk.
Tofu	May be substituted for milk at a rate of 1 pound of tofu per 1 quart of milk. Additional amounts of tofu may be substituted up to the maximum allowances for fluid milk for situations that include but are not limited to lactose intolerance.
Cheese	May be substituted for milk at a rate of 1 pound of cheese per 3 quarts of milk. No more than 1 pound of cheese may be substituted and additional amounts of cheese beyond these maximums are not allowed even with medical documentation.
Yogurt	May be substituted for milk at a rate of 1 quart of yogurt for 1 quart of milk. No more than 1 quart of yogurt may be substituted and additional amounts of yogurt beyond these maximums allowed even with medical documentation.

Note: No more than a total of 4 quarts of milk may be substituted for a combination of cheese, tofu, or yogurt.

**Issuance of soy-based beverage and tofu**

Issuance of soy-based beverage and tofu as substitutes for milk must be based on an individual nutrition assessment by a CPA and consultation with the participant's health care provider if necessary. Such determination can be made for situations that include but are not limited to milk allergy, lactose intolerance, and vegan diets.

Assessment information and determination of need must be documented in the participant care plan.

Note: Due to the requirement for the determination of need for soy-based beverage and tofu, participants receiving these products must have these products specifically listed on their food benefits. Also, due to how the data system works, participants receiving other forms of milk (evaporated, lactose-free, goats, sweet acidophilus, nonfat dry) must have these products specifically listed on their food benefits. Only the types and forms of milk listed on the participant's food benefits can be purchased.

## Pregnant or Partially (Mostly) Breastfeeding, Continued

### Milk substitutions

Food	Substitution rate	Maximum
Cheese	1 lb. = 3 qt. milk	1 lb. (3 qt.)
Soy beverage	1 qt. = 1 qt. milk	22 qt.
Tofu	1 lb. = 1 qt. milk	22 lbs.
Yogurt	1 qt. = 1 qt. milk	1 qt.

### Provide full allowance of milk

When a combination of different milk forms is provided in the food package, the full maximum monthly allowance of milk must still be provided. Examples of food packages with the equivalent of 22 quarts of milk are listed below:

- 1 lb. cheese + 4 gallons milk + 1 half gallon milk + 1 qt. milk
- 1 lb. cheese + 4 gallons milk + 1 qt. yogurt
- 1-8 qt. box dry milk + 3 gallons milk + 1 half gallon milk
- 1-8 qt. box dry milk + 1 lb. cheese + 2 gallons milk + 1 half gallon milk + 1 qt. milk
- 1-8 qt. box dry milk + 1 lb. cheese + 4-12 oz. cans evaporated milk + 2 gallons milk
- 4 qt. soy beverage + 4 lb. tofu + 7 half gallons lactose free milk

Note: It must be explained to participants that if they choose to purchase a 24 oz. container of yogurt instead of a 32 oz. container, they will not receive the full nutritional benefit of milk.